

**SURGICAL TREATMENT OF BONE AND JOINT TUBERCULOSIS.** By Robert Road, M.Ch.Orth., F.R.C.S.(Ed.), F.R.C.S.(Eng.); W. H. Kirkaldy-Willis, M.D., F.R.C.S.(Ed.); and A. J. M. Cathro, M.D. (Pp. viii + 137; figs. 90. 30s.) Edinburgh and London: E. & S. Livingstone Ltd., 1959.

THIS book, in the main, represents the orthodox treatment of a diminishing disease, and covers orthopaedic tuberculosis as affects the whole skeleton. In the sections pertaining to the upper and lower limbs and joints thereof the content conforms largely to orthodox practice laid down along standard principles and sets out the modern attitude to the disease. The principles of surgical excision, ankylosis and more adequate surgical drainage are emphasised, while the details of surgical assault on the lesion are set out in an easily readable manner. Although the first author is an Oswestry surgeon, much of the book content appears to have been written by a surgeon practising in Africa. The writers emphasise how environmental factors, racial peculiarities, etc., exert modifying and perhaps aggravating effects on the natural history of this lesion. Alongside the anti-tuberculosis campaign orthopaedic tuberculous lesions are fast diminishing in England and Scotland and cross-Channel colleagues indicate that many of this type of patient are immigrants from this island or abroad. In the North of Ireland tuberculosis of bone and joint, although less encountered than in early post-war years, is still commonly met with, although it is strange to observe that the commonest lesion seen is that of the spine; tuberculous arthritis of the hip and knee and other more peripheral joints being less frequently encountered.

In regard to the treatment of the hip joint requiring surgical fusion, two techniques of arthrodesis are described. The first method is the staple arthrodesis first written up several years ago by W. H. Kirkaldy-Willis; this represents a Chandler-type procedure by fixation of the joint with a large specially constructed staple. The second method, first described by Abbott and Fisher of St. Lewis, 1931, is the abduction arthrodesis. Both of these methods require dislocation of the hip joint and a rather extensive debridement. This dislocating procedure, with excision, is unusual and in most instances unnecessary in current British practice, where the Britain-type procedure of extra-articular arthrodesis is most commonly employed. This latter method is only applicable when hospital and economic conditions permit, a fairly lengthy period of pre-operative conservative and antibiotic sanatorium-type treatment being necessary. In African and Oriental countries, and indeed in America too, where in the first two instances racial temperament and fear of hospitals, and in America where costs of institutional treatment are high, conditions favour a technique which demands the minimum length of stay in hospital. Under the National Health Service of Great Britain and Northern Ireland methods for hip fixation as outlined in this monograph are not to be recommended, unless extensive trial of these methods proves their merit.

It is in regard to the section on the spine that these authors have made a noted contribution. Indeed many workers in the past have pointed out that results of treatment of Pott's Disease leave much to be desired, so that the contribution of these authors is a notable and courageous one. They suggest quite radical departures from many of the die-hard orthodox methods of the past, such as posterior spinal fusion of the Hibbs and Albee variety with almost complete disregard for drainage excision and grafting of the cold abscess within the bodies of the vertebrae. Although Ito and his colleagues in Japan in the 1930's pioneered the radical excision of the vertebral body lesion, it was not until 1956 that A. R. Hodgson and F. F. Stock, reporting from Hong Kong, produced a series of about thirty cases dealt with by this method. Their paper, published in the *British Journal of Surgery*, was, however, a preliminary report, and as yet a final report has not appeared in the literature.

We in Belfast, as the result of our dissatisfaction with the behaviour of cases of Pott's Disease treated by orthodox methods which often give rise to increasing collapse and kyphosis formation, chronic sinues, late on-set paraplegia, etc., and encouraged by the advances in modern anaesthesia and anti-tuberculous therapy necessitating, etc., have embarked on a programme of more radical excision and fusion of the vertebral body lesions carried out by direct approach to the vertebrae via the transpleural and retroperitoneal routes. We now

find that this formidable surgery, which although difficult at first until the operative routines and techniques are developed, has improved the prognosis for what had often been regarded as previously hopeless cases and on which the whole gamut of orthodox surgery such as antero lateral drainage, posterior spinal fusion had often already been carried out. Encouraged by the satisfactory results of such surgery on these more chronic lesions, we believe that the sooner the direct major assault on the lesion is made the better may be the prognosis for the patient and the shorter the period of hospitalisation required.

The authors are to be commended again for writing a comprehensive review of present-day orthopaedic methods and tendencies in treatment of this diminishing although, as yet, potentially crippling disease of the skeleton.

N. S. M.

**CHILD-BIRTH WITHOUT FEAR.** By Grantly Dick-Read, M.D. Fourth Edition. (Pp. xv + 266; plates 16. 12s. 6d.) London: Heinemann Medical Books, 1960.

THE psychosomatic approach to child-birth has received considerable attention of late, especially in France and Russia and recently so-called natural child-birth was the subject of annotation in the British Medical Journal. In Britain and many other countries the late Dr. Grantly Dick-Read was well known for his writings on this aspect of midwifery. It is timely, therefore, that a revised and enlarged edition of this widely read book should appear. It was completed just before the author's death in June, 1959.

In the fourth edition the author recapitulates his theory of natural child-birth based on the concept of a fear-tension-pain syndrome and he describes his methods to overcome fear. Discussion of this syndrome is preceded by a chapter on elementary anatomy and physiology. As the book is largely written for the benefit of the public, this chapter should lead the reader to a better understanding of the changes which occur in pregnancy and of the process of labour.

One chapter is devoted to breast-feeding and rooming-in. Advantages of these procedures are fully discussed. For the mother who wishes to breast-feed the advice contained in this chapter should be of help. Unfortunately the number of women who show any interest in breast-feeding appears to be steadily diminishing. The important subject of diet during pregnancy is discussed at length. The necessity for an adequate intake of iron is emphasised. Perhaps the need to reduce salt intake during pregnancy could have been stressed a little more.

Preparation for labour is discussed in another chapter. A series of exercises designed to promote complete relaxation are described in detail. The various exercises are well illustrated by photographs. This chapter should be of value to those who are being confined at home or who, for one reason or another, cannot attend organised relaxation classes.

The evil effects that spring from fear have been known for many generations and the removal of fear and promotion of confidence must be the aim of all who practise midwifery. The good obstetrician and midwife have always been conscious of this need, but the reader is left in no doubt that in the author's opinion the medical profession as a whole is not sufficiently aware of it. In this latest edition, however, Dr. Grantly Dick-Read discusses the present-day attitude of the public and medical profession towards natural child-birth and he now believes that the profession is at last becoming more receptive to his ideas. This is probably true, but possibly not to the extent suggested in his book.

In parts this book is emotional and sentimental and so may not appeal to the medical practitioner as much as it might otherwise do, but it does make one re-examine more orthodox methods (always a good thing to do from time to time), and it does emphasise the importance of the psychosomatic aspects of pregnancy. As this subject probably does not always receive sufficient attention during a doctor's training, the young obstetrician should benefit from reading this book.

In conclusion, this edition contains a new chapter on the practice of natural child-birth in emergency and another on the value of religious faith as a help during child-birth.

A. E. M. S.